



Embodying the Cosmic Crystals

ROSE QUARTZ

Rachel SPENCER

INTRODUCTION

This series of Light activations is designed to enhance your body's ability to utilize the frequency of Rose Quartz for physical, mental, emotional and spiritual expansion.

Each activation is overseen by YOUR Higher Self, bringing in exactly what is appropriate for you in the NOW moment. This allows your body to infuse this frequency based upon your current state of being, while expanding into new levels of connection aligned with your unique path of awakening.

We are infinitely connected to the cosmos. As we evolve and expand our consciousness, our ability to navigate higher streams of Light consciousness becomes more and more fine-tuned.

Each day you receive a PDF explanation and MP3 activation via email, approximately 20-25 minutes in length, to listen to at your leisure. It is best if you can listen during the 24 hour window. However, it is not required, as you need to follow your own intuition and guidance as to what is appropriate for you.

This is an experiential series. All that is required is a deep desire to love yourself as you are in the NOW moment, a willingness to listen to your body and Higher Self, the courage and determination to act upon your guidance, and to breathe into the expansive opportunities which are your birthright as a Divine Being of Light. Thank you for sharing this journey of Light with me...

PREPARING FOR THESE ACTIVATIONS

These are NOT required, only suggestions...

Throughout the next 7 days my suggestions regularly include the following things to enhance your experience. If you do not have access, please know you will still receive all the energy. These suggestions are just ways to help your body integrate with more ease and grace.

1. If you own a piece of Rose Quartz crystal, please clear it energetically prior to beginning the series.
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2. If you do own Rose Quartz, place it in a gallon of water (make sure it's physically clean) for 24 hours - then remove it. This water is used throughout the series (some is consumed).
3. Make sure you have Himalayan Sea Salt, liquid or homeopathic Silica, or Fiji Water available to ensure you have enough electrolytes in your body.
4. Also have on hand Lemon, Rose or Lavender essential oils and sea salt for your baths and washing of your sheets.

Raquel